



Centru Antida

The Reception Centre of the
St Jeanne Antide Foundation - SJAF

SJA FOUNDATION

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CHARITY as experienced by Jeanne Antide and in the light of the present concept of the Church

We are all fascinated with Jeanne Antide's life and message: the flame of Charity that guided her work, and which brought about fruit continues to bear its fruit to the four corners of the world.

Serve with competence

"You will select young women and form them as you have been formed." Formation was part of the mission's project, as declared by the great Vicars, at Landeron.

Jeanne-Antide is not content with the experience she acquired as a nurse, teacher, cook, catechist, in Sancey, in Paris, and in foreign countries; she tries to increase her knowledge through observation, asking advice, keeping in mind other people's experience.

When Madame de Vannes complimented her on the formation of her daughters, Jeanne Antide replied: "Madam, it is God who decides to bless my efforts. I instruct them night and day, at one and the same time for the interior and the public, the glory of God, and their sanctification."

She communicates to her sisters what she herself learnt;

- * *She ensures practical exercises: home visiting of the sick; observe their behaviour, their symptoms*
- * *Formation in the knowledge of medicine, the preparation of medicinal herbs,*
- * *She insists on observing the environment in detail, for example, in the use of leather bottles, brass, lead, pewter,*
- * *On precision, the sense of justice,*
- * *The link to make between medicines,*
- * *The daily report already in existence,*
- * *She gives all her attention on how to introduce them to prayer.*

"To make them more capable, each one in her own domain, I taught them how to dress wounds how to apply blisters draw blood from the arm or foot, how to take the pulse; for the teaching sisters I brought them teachers to teach them how to write and also the grammar. " She made them follow a course in Italian before leaving for Naples.

As for the spiritual formation of her Sisters, Jeanne Antide is very careful both in the first small Rule as in the Rule of Life: everything is foreseen in detail according to those times: prayer, the sacraments, silence, sharing but, a careful reading of the text, shows that there are many minute details:

"All these exercises are done in common, if possible. If however a Sister is not present, either because at that moment she was serving the poor, or other interesting thing, or because she prolonged her rest in the morning: if possible she will do them on her own. "

As regards to fasting: "charity obliges the Sisters, to take care of their health in order to consecrate it entirely to the service of the sick and the poor."

"The monthly retreat because of their commitment and or if the poor would suffer, they will do it individually, one at a time."

The essential is summarised in a few words:

"At the same time that I was training my Sisters for the active life, I was training them also for the contemplative life, to support and sanctify the active."

The Church asks the religious..."to commit themselves with fresh enthusiasm in order to face in a spiritual and apostolic manner the new challenges of the times." and "... and that their whole life may be penetrated by an apostolic spirit and their apostolic work with contemplation"

Sr. Jacqueline Mullier



Se nkomplu nagħtukom aktar għodda għal ħidma u riflessjoni fi gruppi. Dan ir-riżors hu maqlub għall-Malti mis-sett ta' karti dwar il-Virtujiet minn pubblikazzjoni tal-Virtues Project (www.virtuesproject.com)

Nora

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LI TEMPATIZZA

Empatija hija l-kapaċità li npoġġu lilna nfusna fis-sitwazzjoni ta' xi ħaddieħor u li nifhmu l-esperjenza tagħhom. Meta aħna nkunu preżenti għal ħsibijietom u ħsushom u nifhmuhom kompletament b'mod profund u b'kompassjoni, huma jisimgħu ħsibijietom aktar ċar. L-empatija tgħaqqadna ma' l-umanità komuni tagħna. L-empatija tħarisna mill-preġudizzju, ħtija u ġudizzji – dawk l-affarijiet li jifirduna. B'empatija, nirriflettu dwar kif imġebitna jkollha effett fuq ħaddieħor. Iġġagħlna nfittxu ġustizzja għal kull persuna, ukoll dawk li magħhom ma naqblux. L-empatija tispirana biex nagħtu bla ma nistennew xejn lura. Hija l-festun ta' qlubna.

"Li tisma' ruħ ħaddieħor sa ma jberrħu qlubhom u jaslu għal fehma għandha mnejn tkun l-akbar servizz li bniedem jista' jagħti lil ħaddieħor." Douglas V.Stee

L-Empatija tirrendi lil qalbi aktar sensitiva.

Il-Prattika ta' l-Empatija

1. Nagħmel ħilti biex nifhem minn xiex għadda ħaddieħor.
2. Nisma' b'kompassjoni.
3. La niġġudika u lanqas inwaħħal f'ħaddieħor.
4. Naħseb dwar kif l-għazliet tiegħi ikollhom effett fuq ħaddieħor.
5. Kuxjenzjuż dwar il-jeddiġiet ta' ħaddieħor.
6. Inħoss ir-rabta tiegħi ma' ħaddieħor.

II-FEDELTA'

Il-fedeltà hi li toqgħod għal ftehim u tqisu patt personali. Tfisser li tibqa' fidil lejn ideal li tgħożż minkejja l-ostakli. Iż-żwieġ jiffjorixxi meta nżommu l-wieġħda ta' fedeltà assoluta lejn xulxin. F'kull relazzjoni li nibnu, il-fedeltà iżzommna leali. Nevitaw l-izzikar minn wara dahar xulxin u ma nwaħħlux f'xulxin. Nagħzlu li nkunu kuraġġużi billi nsibu tarf id-differenzi ta' bejnietna wiċċ imb'wiċċ. Aħna ngħożżu l-impieg tagħna u nistinkaw biex immantnu livell għoli. L-għan tagħna jibqa' dak li nkunu persuni ta' min jafdana. Il-fedeltà tgħinna nibqgħu fit-triq ta' integrità ġenwina.

"Bosta huma dawk li fehmu ħażin it-tifsira ta' ferħ ġenwin. Ma jinkisibx bis- sodisfar tiegħek innifsek iżda b'fedeltà lejn għan siewi." Helen Keller

Il-fedeltà hija l-pedament sod tiegħi

Il-Prattika tal-Fedeltà

1. Dak li dħalt għalih, nagħmlu.
2. Inkun leali lejn is-sieħba/sieħeb.
3. Inkun leali lejn dawk kollha li nħobb.
4. Il-kobba mħabbla nħottha wiċċ-imb-wiċċ.
5. F'xogħli, inkun metikoluż.

NEWS UPDATE

Teams of the Reception Centre Projects

Homework Club

The month of May, has come and gone. For the Homework team it was a trial month, seeing that a tutor had to be hospitalized, another tutor lost her father, another tutor had to be away from the island, and one sweating for her A' Levels. Our thoughts and prayers were with these our friends, and we hope that soon we will be able to welcome them back. Their absence from the Ċentru Antida was certainly felt. We somehow managed to keep up with the service.

We have concluded the service offered to two of our users, they are currently doing their MATSEC exams. The feedback we got from the girls was full of gratitude, especially for their tutor Rodianne, whom did her utmost to be of service. We hope to keep Rodianne in our team. To-date we have met all prospective users on our waiting list, with the exception of two who we are trying our best to trace and see if we can help. Mostly we have managed to include the waiting list people in our service, with the exception of about three, as they are unable to attend on the day offered, they are being kept on our waiting list for next scholastic term.

We are looking for a tutor, who can help a boy attending secondary school. We feel that there is room for a parental support group, for parents with children with special needs. The training meeting had to be postponed due to the unavailability of a number of Tutors.

We often come across children needing special help to cope with dyslexia problems; we feel that so far we were not able to offer this specialized help.

We urgently need volunteers, who would be willing to offer their service during the summer holidays.

Jessie

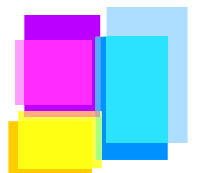
Homework Team Co-ordinator.

Social Worker

Ix-xogħol ta' "casework" iġiebek wiċċ imb wiċċ ma' ħafna tbatija fil-familji. Dan l-aħħar irriflettejt kemm hi tqila l-ħajja mingħajr dik il-fidi li gġieghlek temmen li Alla hu preżenti fil-ħajja tagħna bil-qawwa tiegħu ta' ħelsien u ta' mħabba. Jiena naħseb li l-preżenza ta' min jgħin huwa li jagħti ftit dawl u kuraġġ fuq din il-verita' li aħna nemmnu. Min-naħa tagħna, fuq bażi prattika, qed nippruvaw noffru programmi li jkunu addatti għal min juża s-servizz. Per eżempju hemm persuna muta u truxa imma għandha d-don ta' l-arti. Biex tkun tista' tilhaq il-milja ta' dan id-don sabiħ, sibnielha artist famuż Malti li qed jigi jpitter magħha biex tikber fil-ħila ta' l-arti. Hemm ukoll tfajla li għandha learning disability li fil-ħajja tinteressaha biss l-arti. Ħsibna li lil din, nabbinawha ma' artista żagħżuġha li qed titħarreg fl-arti u jidhru li sejrjn tajjeb. Ftit ftit iċ-Ċentru Antida qed isir post fejn wieħed jista' jigi u joqgħod kemm irid jew jagħti daqqa t'id jew jipparteċipa f'xi laqgħa b'mod informali imma li tagħti sens li huwa parti minn familja u forsi jtaffi xi ftit mis-solitudni u sens ta' diżorjentament.

Jiena nħoss li qed nersqu lejn l-iskop li għalih infetaħ iċ-Ċentru Antida, cioè, li nagħtu servizz lil dawk li s'issa donnu għadu ma nħoloqx servizz għalihom jew li huma mwarrba ukoll mill-istess sistema li suppost qiegħda tgħinhom. J'Alla l-Mulej jgħinna nintelqu aktar f'idejh u ma naqtgħux qalbna quddiem diffikultajiet u rezistenzi. Huwa biss jista' jmiss il-qlub u l-Ispirtu t'Alla jaf il-waqt opportun fejn jista' jiżra' il-grazzja tiegħu. Grazi tat-talb u tal-kollaborazzjoni tagħkom favur din l-opra. Ma' Santa Giovanna Antida nixtieq dejjem inżomm quddiem għajnejja li din hi l-opra tiegħu u li jiena biss strument f'idejh.

Sr. Rose



Friendship Group

As the weeks and months roll by, our Team continues to discover how many lonely people are there, living amongst us. The more we reach out, the more we encounter many others who are looking for someone to exchange a word with over the phone, or better still, someone to pay them a visit.

Obviously, since our group is somewhat limited in number, we can only reach out to a small section, but as they say, it's not the quantity that counts, but the quality..... the quality of love we are transmitting to these people.

During our last Meeting held on the 29th of May, we recounted those special moments we each had when we actually came in contact with the lonely.

Sr. Dositea told us how delighted Theresa, an elderly lady living in Tarxien, was when she called her. Theresa also expressed her desire to meet Sr. Dositea in person very soon. For some of us who live not so close to Tarxien, it might seem slightly difficult for these visits to materialise. However, Joan explained how important it is that at some point in time, we do actually visit – this is necessary in order to continue building the relationship. We all agreed and proceeded to set a date to meet up to carry out such visits.

With Maria from Mosta, the old lady, living a lonely life in sub-standard conditions, we have managed to apply for some much-needed Home-Help and Nurse Aid. A social worker went to visit her, and we are hoping that she will be assisted shortly. Our visits together with a weekly visit from the Nurse and Home-Help, are sure to be very welcomed by a lady who needs to be assisted and longs for some company.

Our visits to Corradino Correctional Facility are still being carried out on a monthly basis. This month, only two of us managed to visit, nevertheless we are always welcomed and greeted by the inmates no matter how few or many we are. This time, however, we sensed a slight tension amongst few of the inmates, an incident which unfortunately often occurs, especially due to the confined space coupled with a sense of helplessness. We just sat down with one of them and as we helped with the work she was doing, Sr. Ignazia tried to encourage her to keep calm and adhere to the Warden's instructions. I am sure that this advice was heeded. After all, the inmates all know how much the Sisters mean well and the respect they have for them is immense.

This month's visit to Corradino shall be held on 17th of June 2008 at 10.00am. The visit generally takes an hour. If anyone is interest to join, please contact us - you very welcome to do so!!

Being of Service is nothing extraordinary.... it is just what each follower of Christ is expected to do!!!! Let's continue to pray so that this Service will be carried out purely out of Love for HIM!!

Caroline

Co-ordinator

APPEAL

If you know anyone who would be willing to translate, from Italian to English and on a voluntary basis, an international newsletter published by the Sisters of Charity for publication and distribution in Malta, please tell us.

Sr Salvina Bezzina soc
Superior Provincial
email: supprov@onvol.net

Visit our NEW Website:

www.antidemalta.com

Aħbarijiet mill-Fondazzjoni Santa Giovanna Antida (SJAF)

Artisti jgħallmu l-arti lil persuni fid-diffikultà

Il-**Programm Aħn'Aħwa** miexi wkoll. L-idea wara l-iżvilupp ta' din l-inizjattiva hi li nheggu l-iżvilupp tal-ħila artistika u kreattiva fost żgħażaġh żvantaġġjati. Artisti stabbiliti u oħrajn offrew li jaħdmu b'mod volontarju bħala Art Mentors. Il-Fondazzjoni qed testendi dan is-servizz għal-tfajliet li jgħixu fir-residenza FEJDA. Għadna qed infittxu aktar artisti. Il-kuntatti ma' artisti qed isiru permezz ta' appell mxerred permezz ta' l-emails u permezz ta' kuntatti personali.

Programm t'apport għal Carers Bil-mod il-mod, SJAF qed tiżviluppa programm t'apport għal dawk li jiehu ħsieb lil xi familjari fuq bażi regolari – *Carers*. B'sagrificċju personali kbir u b'sens ta' dedikazzjoni u mħabba, il-*Carers* ħafna drabi jinsew lilhom innifishom u pjuttost iħossuhom ħatja jekk tissuggerilhom li għandhom bżonn jieħdu ħsieb tagħhom infushom. Bosta *Carers* jgħaddu minn fażijiet ta' dwejjaq u jħossuhom iżolati u *depressed* għax il-qadi tal-ħtiġijiet tal-persuna li jħobbu li jieħdu ħsiebha ma' jieqfu qatt. Pjuttost li dawn il-ħtiġijiet jtkatru. Bl-għan li tappoġġja lil *Carers*, il-Fondazzjoni bdiet żewġ inizjattivi taħt il-kappa ta' dan il-programm.

- **Grupp t'apport għal nanniet li jieħdu ħsieb lin-neputijiet fuq bażi regolari jew il-Klabb NannaKola:** Dan il-grupp ilu jiltaqa' minn Jannar. Kien esperiment li irnexxa. L-idea għal din l-inizjattiva kienet tal-Pirjol ta' l-Agostinjani – Fr Franco Grech. Flimkien mal-Kummissjoni Ġustizzja u Paċi ta' l-Agostinjani, żviluppajna l-idea ta' klabb edukattiv fejn jinholqu ħbiberiji, jitravmu ħiliet, u jinkiseb wens u spazju personali għan-nanniet. L-egħluq ġie iċċelebrat nhar it-Tnejn 5 ta' Mejju fis-7.00 ta' filgħaxija ġewwa s-Sala San Nikola ta' l-Agostinjani. Kienet ċelebrazzjoni ħelwa fejn in-nanniet esibew il-*crafts* edukattivi li ħolqu. Il-grupp iddeċieda li jixtieq jibqa' jiltaqa' kull xahar. Din l-idea ntaqgħet u se tkun imlaħħma fi programm ta' sena. Membri tal-grupp issa se jgħinu biex l-inizjattiva titwettagħ f'parroċċa oħra. Saret evalwazzjoni ta' l-inizjattiva nhar il-Ġimgħa 16 ta' Mejju. Kienu prezenti wkoll il-Pirjol Fr Franco Grech u żewġ membri tal-Kummissjoni Ġustizzja u Paċi – Godfrey Demarco u Edward Tagliaferro. Saret ukoll laqgħa ta' ppjanar għall-futur li għaliha attendew it-tim tal-Kirkop Community Project ta' l-iSJAF u Sandra Borg li bħalissa qiegħda taħdem għal xahar ma' l-iSJAF biex niżviluppaw servizz t'apport fil-qasam ta' l-*Autism*.
- **Apport għal min jieħu ħsieb tfal bi-autism:** Bħalissa qegħdin naħdmu biex nispiċċaw proposta għal ksib ta' fondi sabiex, f'medda ta' sena, nagħtu apport lil ġenituri b'ulied ċkejknin li għandhom problemi ta' komunikazzjoni li jkun għad baqgħalhom biex ikunu *assessed* u *diagnosed*. Jekk iseħħilna nsibu fondi għal dan is-servizz, nibdewh aktar tard din is-sena. Is-servizz jibda joffri apport ukoll lin-nanniet li joffru *respite* kruċjali.
- **Il-grupp t'apport għal min jieħu ħsieb membru tal-familja b'dizabilità:** Dan il-grupp ilu jiltaqa' mill-aħħar ta' Jannar. Wasal fi tmiem nhar it-Tlieta 13 ta' Mejju. Il-mistiedna speċjali kienet is-Sinjura Cathy Gonzi li qattgħet ħin twil u prezjuż f'diskussjoni mqanqla mal-grupp. Wara ltaqgħet ukoll ma' kull membru tal-grupp biex tiddiskuti magħhom iċ-ċirkostanzi speċifiċi u diffiċli tagħhom. Iċċelebrajna t-tmiem tal-kors ta' 22 sigħa li ħoloq rabta speċjali u ħbiberiji ġodda. Flimkien, ħloqna dokument li se nwasslu lil *policymakers*. Id-dokument jelenka ħtiġijiet li jinhassu f'numru ta' setturi. Waqt l-għeluq, il-grupp iddeċieda li jkompli jiltaqa' bħala *self-help group*. Fil-fatt, diġà saru żewġ laqgħat mill-għeluq 'l hawn. Il-grupp qed jiltaqa' ma' żewġ *self-help groups* simili mill-Isla u Ħaż-Żebbuġ biex jagħraf l-esperjenza tagħhom u mal-Għaqda Bormliza għal Persuni b'Dizabilità

L-Unità: Konxjament, iċ-Ċentru Antida qed jiżviluppa f'ċentru t'apport għall-Unità tal-parroċċi ta' Ħal Tarxien, Raħal Ġdid, Santa Luċija u Ħal Luqa. Sallum, żviluppajna relazzjoni tajba mal-Parroċċi ta' Ħal Tarxien, Kristu re f'Raħal Ġdid u Santa Luċija. Nhar is-Sibt, 14 ta' Ġunju, il-membri tal-kumitat ta' l-Unità se jiltaqa' fiċ-Ċentru Antida ħalli niddiskutu fil-fond kif nistgħu niżviluppaw dan il-mudell t'apport għall-ħidma pastorali u ta' djakonija. Nittamaw li niċċaraw aktar l-ideat tagħna u li noħolqu mekkanizmu ħaj u effettiv għas-servizz ta' persuni u familji fid-diffikultà.

Il-Programm Bridge: Tnejn miż-żgħażaġh li qed jippartecipaw fil-Bridge - programm ta' ħiliet bażiċi, qed jaħdmu fiċ-Ċentru Antida u jithallsu mill-ETC. Denise Chetcuti (22 sena) qed taħdem 20 sigħa fil-ġimgħa taħt l-iskema ta' l-ETC *Youth Action Scheme* waqt li Sharon Bugeja (20 sena) qed taħdem 20 sigħa fil-ġimgħa wkoll imma taħt l-iskema Job Experience Scheme. Matul il-ġimgħa, Denise u Sharon jaħdmu fuq l-iżvilupp tal-librerija taċ-ċentru; fil-fatt bdewha huma taħt il-gwida u mentoring ta' Nora u Jessie Spiteri. Qed jithallmu touch typing, jgħinu fit-typing u bini ta' data-bases, iwiegħbu it-telefon, jilqgħu lil min jiġi ċ-ċentru, u jgħinu fix-xogħol klerikali ieħor. Bħala partecipanti tal-Programm *Bridge*, Sharon u Denise u sħabhom fil-programm, qed jtkissru fil-ħiliet bażiċi tal-kompjuter, Inġliż mitkellem u miktub, Malti, tisjir u kif tuża l-flus.

Ritratti ta' l-aħħar laqha tal-grupp t'appogg għal min jiehu ħsieb membru tal-familja b'dizabilità



* Is there anyone who would consider, later on this year, being released for one year from his Public Service work to work with the Foundation under a government scheme that approves such releases for work with an NGO? Please contact Nora for further discussion and exploration. Full information about this scheme can be accessed via the Department of Information Website, Government Gazette 31 July 2007, pages 6939 to 6941. Those released retain their substantive salary for the period of release to work with an NGO.

* We need highly experienced and dedicated Tutors to work with groups of vulnerable youths and families to help in skills building. Write to Nora if you are an experienced Trainer, Tutor, Teacher.

OVERVIEW OF VOLUNTEER WORKERS WITH SJAF

Active Volunteer Workers: 45 as follows:

- 4 Mentors
- 3 Tutors (Bridge/ Fejda)
- 10 Homework/ Learning Support
- 10 Reception
- 8 Friendship (including Prison visits)
- 5 Fundraising
- 2 Social Work/ Counselling
- 2 Website/ Newsletter
- 1 Dar Liedna learning support (refugee children) (group has total 4 members but 3 are also in Friendship group)

Community Work F'Hal Kirkop

Proġett fil-Housing Estate ta' Hal Kirkop

Il-proġett miexi. Qed jiġu mgħejjuna numru ta' familji bi problemi kumplessi. Matul Mejju is-Sunflower Club (Mother & Baby Club) baqa' jiltaqa' nhar ta' Ġimgħa filgħodu. Matul April u Mejju tħarrġu wkoll grupp ta' tfal, uħud minnhom mill-Housing Estate, biex itellgħu dram ċkejken waqt l-Open Day fl-iskola primarja ta' Hal Kirkop, nhar il-27 ta' Mejju. Id-dramm ittella' quddiem miġemgħa ta' 50 ġenitur. Tmexxiet diskussjoni dwar it-temi li ħarġu mid-dramm fosthom xi jhossu tfal ta' ġenituri weħidhom li ma tantx iqattgħu ħin ma' uliedhom; nisa li jrawmux lil uliedhom u lil żwiegħom biex jgħinu fil-ħtiġijiet tad-dar; l-effett tal-garr kontinwu ta' l-adulti fuq l-ulied; it-tamiet ta' tfal minn familji fejn it-tilwim ta' kuljum joħloq inkubu fil-ħajja tat-tfal. Id-diskussjoni kienet mqanqla ħafna u xprunat lil bosta nisa biex joħorġu mid-dar biex jieħdu sehem f'xi attività edukattiva li tqawwi l-ispirtu u tħaddem il-moħħ. Ħafna nisa qalulna "oħorġuna mid-dar għax se niġġennu!" Bil mod il-mod, qed nibdew grupp ta' zgħażaġħ mill-Housing Estate ukoll permezz ta' Youth Worker.

Nora

Għaċ-Ċentru Antida qlajna dan l-apparat:

- photocopier użata (Mejju)
- 3 kompjuters użati u printer mingħand żewġ persuni (30 ta' Mejju)
- kamera diġitali ġdida (Mejju)
- DVD player ġdida mingħand is-Sorijiet tal-Karità (Marzu)
- CD/ Cassette Player mingħand Soru tal-Karità (Frar)
- 9 Pitturi biex jiġu irkantati (għadu għaddej l-appell għall-pitturi) (Mejju)
- borom u ħwejjeġ oħra tal-kċina (għall-klassijiet tat-tisjir għaž-żagħżagħ. Klassijiet bħalissa jsiru kull nhar ta' Erbgħa wara nofsinhar) (Mejju)
- telephone set għar-Reception desk (April)
- laptop (Marzu)

Father's Day June 2008

**"Walk a little slower, Daddy"
Said a little child so small
"I'm following in you footsteps
And I don't want to fall"**

**Sometimes your steps are very fast,
Sometimes they're hard to see
So walk a little slower Daddy,
For you are leading me.**

**Someday when I'm all grown up,
You're what I want to be
Then I will have a little child
Who'll want to follow me**

**And I would want
To lead just right,
And know that I was true;
So, walk a little slower, Daddy,
for I must follow you!"**

Work on the website

- [] Do you have access to web authoring software such as Front Page or Dreamweaver etc.?
- [] Would you like to do some maintenance work on the HTM files used for the Foundation's website?
- [] Can you follow clear instructions in English, via email, on such matters?

If yes, yes, yes, then we need your voluntary services, working maybe two or three hours spread over each week, from your own computer.

Please contact:

Miriam on admir@onvol.net

Nora on macen.sjaf@gmail.com

Grupp Fbieb Santa Giovanna Antida jgħin f'Dar Nazareth

Bhal ma' tafu, aħna l-ħbieb ta' Santa Giovanna Antida, darba fix-xahar, qegħdin immorru ngħinu f'Dar Nazareth, iz-Żejtun. Din id-Dar hija immexxija minn Dun Ang Seychell.

Kien il-Ħadd, 27 ta' April. Morna jiena u Miriam Grech. Ħsibna kmieni, peress li dawn ma' nofs-in-nhar ikunu fuq il-mejda għall-ikel. Dun Ang u r-residenti laqgħuna bil-ferħ, u xi bewsa ma naqsietx.

Ilbisna l-fardal u dħalna fil-kċina. Il-menu kien għa miftiehem: brodu tat-tigieg u majjal il-forn bil-patata. Ma' dan aħna židna wkoll ftit brusketta, pastard bil-panura u kannoli għad-deżerta.

Kieku OK, għax id-dixxijiet tal-laħam u l-patata malajr tlestew għall-forn. Imma dak l-imbieriek ta' forn kif jixgħel!? Paniku sħiħ!!! Bagħtuna għand mara (Marija) li toqgħod faċċata ta' Dun Ang, u giet tixgħel il-forn. Għall-erwieħ; komplejna t-tisjir.

Waqt li l-brodu beda jbaqbaq, il-forn tant kellu nar baxx li kollox baqa' nej. Il-ħin għaddej, daqt jiġu fuq il-mejda biex jieklu... x'se nagħmlu!? Tlabna lil Santa Giovanna Antida biex tgħinna.

Marija qaltilna li ftit il-bogħod hemm forn. Qbadna d-dixxijiet u morna. Tal-forn diġa' kien qiegħed jitfi kollox għax kien se jagħlaq. Dan, billi ra tlett nisa bil-paniku, u b'rispett lejn Dun Ang, qalilna li se jaqdina, u malli jkun lest, iġibulna.

Daqq nofs-in-nhar, kulħadd fuq il-mejda, u d-dixxijiet għadom il-forn. Tajniehom il-brodu w il-brusketta, il-platti daħlu ġewwa w inħaslu, u d-dixxijiet ma' ġewx. Tgħid insewna??

Dun Ang baqa' kalm, ferragħlhom ftit inbid, u qalilna li ma jimpurtax. Xi nofs-siegħa wara, instema' hoss ta' karozza. Kienu waslu d-dixxijiet! Grazi St Giovanna Antida !!. Tant kien moħmi tajjeb l-ikel, li Dun Ang ftakar f'dak iż-żmien ta' meta ommu wkoll kienet tieħu il-laħam għand dan l-istess forn.

Bilhaqq!!...min jintriga għat-tisjir f'din id-dar, wara ma' jaħsilx platti, għax dan jagħmluħ ir residenti.

Il-ġurnata spiċċat billi wara nofs-in-nhar, Miriam u Daniel ħarġu lir-residenti bil-van, u ħaduhom Wied il-Għajn. Panettone u tazza kafe`, mixja tul ix-xatt u żjajjar għat-toilets, u BELLA FINITA !!!

Jessie Spiteri

Ritratti mill-aħħar laqgħa ta' Klabb NannaKola



So, Praise

These are also I,
all the worlds and levels and evolutions,
paths, processes, and time-limited Things
All being and non-being
is mine, is I
manifest, unmanifest.
And you, o quasar and nova
o forest and walrus and whale
and you, o Person,
you are all precious in my sight,
for you are my dance and my
self-discovery.

You must praise, o Person hidden
beneath illusion-peddling stories of self
heavy inside your dreams and your separations,
tangled in your calculations
entrapped in your morrows and yesteryear.



Praise, I say,
with multiple attributions –
say: *“for You alone are holy
all-powerful
all-compassionate
all merciful
all One”*

But do not for one moment think that I need this,
for it is you who do –
it is you who, struggling to understand
your own words of praise of
Ground and Lord
will seek first their meanings within you
and you will find them:
a resonance of awareness beneath your thoughts,
my beloveds
for you are not only precious in my sight,
you *are* my sight...
there you will know the truth
that makes you free.

No, you will not grow strong
nor grasp the unknowable,
but you will grow transparent
– for this is Love –
and you will grow
into Me.

You must save forest and walrus and whale
and each other,
deeming them all sacred.
This is tasting holy void
– for this is Love –
and at your emptied selves
will shine transparently
My glory in you.

words & pic: tony macelli may 2008

Kalendarju t' attivitajiet f'Centru Antida

Se jinbdew tliet gruppi godda għal persuni li jsibu wens fiċ-Ċentru Antida:

- grupp li se jaħdem fuq **Self-Esteem**. Se jibda f'Lulju.
- grupp li se jipprattika l-ħila tal-**Crochet**. Se jibda fl-10 ta' Ġunju u se tmexxi l-grupp Sr Ingnazia.
- grupp li se jipprattika l-ħila tat-**Tapestry**. Se tmexxi l-grupp persuna li wkoll sabet imħabba u wens fiċ-Ċentru Antida. Se jibda l-ġimgħa d-dieħla.

Impjegati mal-Fondazzjoni

Haddiem/a	Rwol
Nora Macelli	Kap Eżekuttiv **
Sr Rose Rizzo	Social Worker
Miriam Grech	Amministratur
Pauline Agius	Community Outreach Worker, Hal Kirkop Project
Claire Farrugia	Community Outreach Worker, Hal Kirkop Project
Josef Gauci	Youth Worker, Hal Kirkop Project
Lina Ciantar	Basic Skills Tutor, Programm <i>Bridge</i>
Carmen Sansone	Basic Skills Tutor, Programm Bridge (Individual tutoring)
Doreen Falzon	Course Organiser, Support to Carers (Disability Group)
Urieth Aquilina	Tutor, Support to Carers (Grandparents), Nannakola Club
Emma Pulis	Animator, Support to Carers (Grandparents), Nannakola Club
Tony Pulis	Animator, Support to Carers (Grandparents), Nannakola Club
Sandra Borg	Family Support Worker – Autism (għal xahar biss)
Andrea Saliba	Basic Skills Tutor, Programm Bridge (spicċat fl-aħħar ta' April)
	** Impjegata Mas-Sorijiet tal-Karità

Ċentru Antida

June 2008

Monday:	9:00am to 11:00am
Tuesday:	9:00am to 11:00am 5:00pm to 7:00pm
Wednesday:	9:00am to 11:00am
Thursday:	5:00pm to 7:00pm 5:00pm to 7:00pm
Friday:	9:00am to 11:00am 5:00pm to 7:00pm

Correspondence Address

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Malta
Tel no. 27636819

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NILTAQGHU MAL-VOLUNTIERI

F'din il-ħarġa ħa niltaqghu ma' żewġ aħwa li ilhom voluntieri sa' mill-bidu tal-Fondazzjoni f'2007

Ismek u Kunjomok: **Jessie Spiteri**

Data tat-twelid: **29 t'Ottubru 1942**

Fejn Twelidt: **Hal Balzan**

Fejn toqgħod: **Tarxien**

Stat: **Armla**

Kemm kont ilek mizzewweġa: **35 sena**

Isem ir-raġel: **Mario**

Tfal: **Marco u Claire**

Nanna ta' żewġ subien – Jake ta' 7 snin u Neil ta' 4 snin.

Jessie hija persuna dedikatissima. Tqatta' ma' l-għaxar sigħat fil-ġimgħa jew aktar fiċ-Ċentru Antida. Hija tikkoordina is-servizz tal-Homework Support, tiżgura li t-tfal kollha riferuti lis-servizz għandhom one-to-one Tutor abbinat magħhom u li dan it-Tutor ikun dejjem l-istess sabiex tinbena relazzjoni li timmotiva lit-tfal jitgħallmu. Hija stess hi wahda mit-Tutors. Jessie kienet tagħmel parti mill-Isteering Group li ħadem biex titwaqqaf il-Fondazzjoni.



Ismek u Kunjomok: **Maria Jourdan**

Data tat-twelid: **13 ta' Mejju 1944**

Fejn Twelidt: **Hal Balzan**

Fejn toqgħod: **Fgura**

Stat: **Mizzewġa**

Kemm kont ilek mizzewweġa: **35 sena**

Isem ir-raġel: **Luigi**

Tfal: **Carlo**

Nanna ta' żewġt ibniet – Danielle ta' 3 snin u Eve ta' 3 xhur

Maria ilha taħdem fir-reception mill-bidu nett. Hija persuna dedikata u dejjem bi tmissima u sens ta' spirtu ħaj u rieda tajba għal dak kollu li l-ħajja tqanqal



Grazzi Jessie u Maria tal-kontribut tagħkom!